Cook time: 30 mins   Serves: 5   Prep time: 15 mins

Mutton Curry

Ingredients

- 30ml canola oil*

Ingredients A:
- 1 bay leaf
- 1 cinnamon stick
- 2g cardamom pods
- 3 cloves

Ingredients B:
- 10g green chilli, chopped
- 100g onion, finely chopped
- 20g ginger, finely chopped
- 20g garlic, finely chopped

Ingredients C:
- 100g tomatoes, cubed
- 5g garam masala
- 1g cumin powder
- 5g coriander powder
- 2g salt

Ingredients D:
- 500g mutton, sliced
- 200g potato, cubed
- 200ml water
- 50g low fat plain yoghurt*

Toppings:
- 5g fresh ginger, thinly sliced
- 5g fresh coriander

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Method

- Heat oil in frying pan and sauté Ingredients A for 1 min.
- Add Ingredients B and cook for about 5 mins until the onions are translucent.
- Add Ingredients C and cook for further 5 mins until the tomatoes break down slightly.
- Add Ingredients D into the mix and continue cooking (10–15 mins) until the meat and the potatoes are soft.
- Stir well with yoghurt and add a little water if the gravy is too thick. Add toppings before serving.

Tips:
- No butter (ghee) and cream are used in this recipe. Saturated fat is reduced by using healthier oil while low fat yoghurt is used to replace cheese to achieve the creamy taste in mutton curry.
- Do add more water as required and continue to cook if the mutton is still not tender after 15 mins. Stir regularly to avoid burning the meat while cooking.
- Swap mutton for other forms of meat should you prefer to.

Nutrition Information (Per Serving):
Energy: 212kcal
Protein: 19.5g
Total fat: 10.5g
Saturated fat: 2.9g
Carbohydrates: 9.3g
Total sugar: 15.8g
Dietary fibre: 2.0g
Sodium: 227.2mg

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